

Are They Getting Just The Right Mix?

Here are the diets of Roc and Marlah from last Tuesday.

1. Read through each menu.
2. Put a check in the correct section of the Food Guide Pyramid for each food they ate.
3. Answer the questions at the bottom.

Marlah's Tuesday Menu

BREAKFAST:

- ▲ Pancakes
- ▲ Cantaloupe
- ▲ Milk

LUNCH:

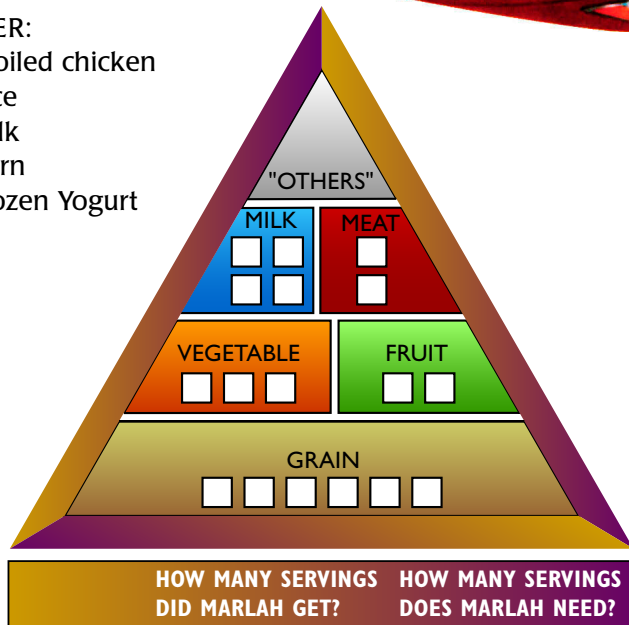
- ▲ Salad
- ▲ Roll
- ▲ Strawberry yogurt
- ▲ Pear

SNACK:

- ▲ Bagel
- ▲ Carrot sticks

SUPPER:

- ▲ Broiled chicken
- ▲ Rice
- ▲ Milk
- ▲ Corn
- ▲ Frozen Yogurt



Milk Group	_____	_____
Meat Group	_____	_____
Vegetable Group	_____	_____
Fruit Group	_____	_____
Grain Group	_____	_____

What are the two things Marlah could do to help get her 4-2-3-2-6?

1 _____
2 _____

Roc's Tuesday Menu

BREAKFAST:

- ▲ Baked Potato
- ▲ Cheese
- ▲ Tomato Juice
- ▲ Tortilla

LUNCH:

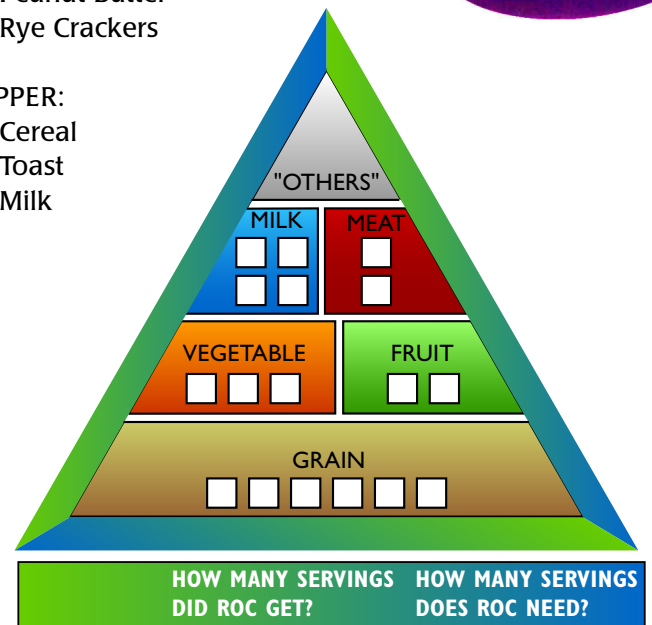
- ▲ Beef
- ▲ Pasta
- ▲ String Beans
- ▲ Wheat Bread
- ▲ Chocolate Milk

SNACK:

- ▲ Peanut Butter
- ▲ Rye Crackers

SUPPER:

- ▲ Cereal
- ▲ Toast
- ▲ Milk



Milk Group	_____	_____
Meat Group	_____	_____
Vegetable Group	_____	_____
Fruit Group	_____	_____
Grain Group	_____	_____

What are the two things Roc could do to help get her 4-2-3-2-6?

1 _____
2 _____